Sutter Health



Lung Nodule and Cancer Screening Program

At Sutter Health, we're committed to detecting lung cancer early when it's easier to treat.

Lung Cancer Screening

Our Sutter locations use a noninvasive, low-dose CT scan to detect lung nodules. Current guidelines recommend an annual lung cancer screening if you meet all these criteria:

- Age **50 to 80**.
- **No symptoms of lung disease**.
- **Current smoker** or **quit in the past 15 years**.
- **Smoking history** of at least 20 pack years.
  - 20 years x 1 pack/day = 20 pack years
  - 10 years x 2 packs/day = 20 pack years
  - 40 years x ½ pack/day = 20 pack years
  - To calculate your pack year history, go to **shouldiscreen.com** and click on "pack calculator."

Lung Nodule & Cancer Screening Program

Lung nodules detected with screening usually aren't cancerous, but it's essential to monitor them. Our focused program quickly analyzes lung nodules and creates a personalized follow-up plan based on your risk factors and family history.

Our goals are to:

- Improve early-stage lung cancer detection in our communities.
- Increase awareness and access to low-dose CT scans.
- Provide a multidisciplinary approach to managing lung nodules.

*CPMC offers a low-cost, private pay option for anyone interested in having the CT exam that do not meet criteria but are still interested in screening for lung cancer.

If you feel you meet the criteria for lung cancer screening, talk with your primary care provider and request a screening referral. A nurse will contact you to review your eligibility.

Once eligibility is confirmed, we will work with you to schedule a date and time that is convenient for you to have your low dose CT.

If lung nodules are detected, this referral to our program will allow advanced practice clinicians to co-manage your care with your primary care provider.

Together, we help you make informed decisions about next steps.

For more information, visit **sutterhealth.org/lung-support.**

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